

What is claimed is:

1. A method of applying a compressive force to a selected location on a work piece, comprising the steps of:

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(a) providing a device including a body member and a force applying member movably connected with the body member;

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(b) attaching the body member to a surface using a double-sided stretch releasable adhesive, whereby one end of the force applying member is adjacent the selected location; and

(c) moving the force applying member toward the surface to generate a compressive force.

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2. A method as defined in claim 1, further comprising the step of stretching the double-sided stretch releasable adhesive to remove the adhesive from the body member and the surface.

20 3. A method as defined in claim 1, wherein the surface is formed of a material selected from the group consisting of cellulosic materials and masonry.

4. A method as defined in claim 1, wherein the work piece is a surface.

25 5. A method as defined in claim 1, wherein the work piece is an object.

6. A method as defined in claim 1, wherein the force applying member is threadably connected with the body member.

30 7. A method as defined in claim 1, wherein the force applying member is pivotally connected with the body member.

8. A method as defined in claim 1, wherein the force applying member is slidably connected with the body member, and further wherein the device includes a force generating member arranged to bias the force applying member in the direction of the work piece.

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9. A method as defined in claim 8, wherein the force generating member is a spring.

10. A method as defined in claim 1, wherein the device includes a pair of force applying members arranged at an angle.

11. A method of applying a tensile force to a selected location on a work piece, comprising the steps of:

15 (a) providing a device including a body member and a force applying member movably connected with the body member;

(b) arranging the body member on a surface, whereby one end of the force applying member is adjacent the selected location;

20 (c) attaching the force applying member to the surface using a double-sided stretch releasable adhesive; and

25 (d) moving the force applying member away from the surface to generate a tensile force.

12. A method as defined in claim 11, wherein the surface is formed of a material selected from the group consisting of cellulosic materials and masonry.

30 13. A method as defined in claim 11, wherein the work piece is a surface.

14. A method as defined in claim 11, wherein the work piece is an object.

15. A method as defined in claim 11, wherein the force applying member is threadably connected with the body member.

5 16. A method as defined in claim 11, wherein the force applying member is pivotally connected with the body member.

17. A method as defined in claim 11, wherein the force applying member is slidably connected with the body member, and further wherein the device further

10 includes a force generating member arranged to bias the force applying member in the direction of the work piece.

18. A method as defined in claim 17, wherein the force generating member is a spring.

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19. A method of removing a dent from a surface, comprising the steps of

(a) providing a device including a body member and a force applying member movably connected with the body member;

20 (b) arranging the device on the surface such that one end of the force applying member is adjacent the dent;

(c) attaching the force applying member to the dented surface using a double-sided stretch releasable adhesive; and

25 (d) moving the force applying member away from the surface to generate a pulling force on the dented surface, wherein the pulling force is sufficient to remove the dent.

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